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Celebrity Buzz

Murphy charity starting over
pg 18

Men's hockey to start, Ricker set to soar

VANCOUVER 2010 Games

OLYMPIC ACTION Hockey fans, today is it! The puck drops at 4:30 p.m. when the Canadian men take on Norway.

That game follows what could be a gold-medal snowboard cross performance by Maëlle Ricker at 12:40 p.m. at Cypress Mountain. The North Vancouver native is ranked No. 1 in the sport.

Also worth watching are Christine Nesbitt in 500-metre speedskating (1 p.m.), Alex Gough in luge (2:50 p.m., final run) and Patrick Chan in figure skating (4:15 p.m.). Canada's men's and women's curling teams are in action at 9 a.m. and 2 p.m. respectively. **GREG DOWNS/ FOR METRO VANCOUVER**

JAMIE SQUIRE/GETTY IMAGES

Mike Robertson of Canada, left, and Seth Wescott of the United States compete against each other in the big final heat during the Men's SBX Finals on Day 4 of the Vancouver 2010 Winter Olympics at Cypress Snowboard & Ski-Cross Stadium yesterday.

Silver by a sliver

Canadian snowboarder edged by American at finish

JEFF HODSON
jeff.hodson@metronews.ca

VANCOUVER 2010 Games

Canadian snowboarder Mike Robertson said it was a bittersweet moment when he glanced over while blazing down the snowboard course at Cypress and realized that American Seth Wescott would repeat as Olympic champion.

"Obviously I wanted to win," said Robertson, who won Canada's fourth medal, a silver, yesterday in men's snowboard cross. "But I'm so happy to be second. It's amazing."

Robertson, 24, dominated much of the final race. After battling early with American Nate Holland, he took a commanding lead, but missed a landing late in the race. The error allowed Wescott, the defending gold medallist, to quickly close the gap and nose Robertson into second. France's Tony Ramoin took bronze.

Afterwards, Robertson praised the 33-year-old American as a "big event rider."

"It's not that fun for me to ride a crappy course in Bad Gastein, Austria, with zero visibility," Wescott said. "But, you get to Olympics and you get motivated."

Despite the 11th-hour cancellation of 8,000 standing room tickets, the crowd was boisterous and loud, clanging cowbells and waving flags. There were large pockets of U.S. and France fans (one of whom even wore an oversized floppy blue beret) as both nations were expected to be medal threats. It was an overwhelmingly Canadian crowd though. As the final race began, a cheer of "Hol-land" morphed in to "Rob-ert-son" before settling into "Ca-na-da."

Vancouver funeral held for Georgian luger

HOMAGE A small funeral was held in Vancouver yesterday for the Georgian luger who died in Whistler last Friday.

Members of the Georgian Olympic delegation, the International Olympic Committee and VANOC gathered at a funeral home to bid goodbye to Nodar Kumaritashvili.

About 50 members of the public also showed up with flowers and candles to pay homage to the 21-year-old and Vancouver police sent an honour guard.

The body of the young athlete arrives in Georgia today. **THE CANADIAN PRESS**

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

World pg 6

Eighteen die in train crash

Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

• Today — Luongo gets start this afternoon against Norway, page 11

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*Total number of fans as of 4:30 PM yesterday. Numbers shown are based on specified criteria. Become a FAN at facebook.com/vancouvermetro

Visitors 'drooling' over Whistler scene, says blogger

ONLINE Metro-Blenz bloggers are in the thick of it and recording it all. Here are some of their posts from metroblenznews-squad.com.

• On Whistler vs. Vancouver: Our no-holds-barred mountain town cares little about weather and simply gets on with partying. A Whistler Village weekend shows how different the celebrations are from the Vancouver crush. Foreign visitors are drooling over what they're seeing.

— Judy Bishop, the Travelling Eye

• Did we take away from kids by not closing schools or giving them an opportunity to find the Games on their own? The majority of schools are using this opportunity to allow students to bring stories and experiences to the classroom using social media. — Jesse Miller

METROBLENZNEWSSQUAD.COM

Correction

Panasonic's chief technology officer for North America was misidentified in a photo published Feb. 12. Takumi Kajisha is the Panasonic official with singer Sarah Brightman at LiveCity Yaletown. Metro Vancouver regrets the error.

Takumi Kajisha

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GREG DOWNS/FOR METRO VANCOUVER

Jinno Fuentecilla, left, clears away a rebound in front of goalie Kelly Tauton on Hamilton Street yesterday.

Tourney offers workers respite

Street shut down as businesses come together for street hockey

You know Olympic fever has the city hit when Vancouver police are yelling "car" for a local street hockey game.

Five Yaletown businesses have created their own mini street hockey league to have some fun during work hours.

Jodi Stewart, marketing manager at Capones Restaurant, organized the tournament. She said that when the day started the street was open for use, but that changed.

"We actually had VPD yelling 'car,' (then) the city came by and shut down the street for us."

She added police may even enter a team.

Jinno Fuentecilla, playing for the United Games team, said the matches are for fun, but are more than just a nice break from work.

"It feels like we're part of the Olympics, kind of a nice show," he said.

The teams will play two games a day all week along Hamilton Street until Friday.

In the hotly contested opening match, United Games edged out Capones 7-6.

GREG DOWNS/
FOR METRO VANCOUVER

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Keep up the good work

BeatTheTraffic

Michel McDermott

Sea to Sky

• Keep in mind that the Sea-to-Sky Highway restrictions are in effect right through Feb. 28, and once in Whistler parking can be difficult.

COMMUTE I think we all deserve a really big pat on the back. I can't believe how well people have been doing at switching up their routines and leaving their cars at home.

Keep that up because the road closures continue in the downtown core and around Olympic venues. Olympic lanes and parking restrictions remain in effect and are being heavily monitored.

If you plan on travelling in and out of the downtown area during the Games, find out what events are on and where they're being held at vancouver2010.com, so that you can allow for heavy foot and vehicle traffic in those parts of your commute.

Watch Michel weekday mornings on Breakfast Television and her nightly Traffic Forecasts on Citytv, cable 13.

Photo of the Day **Historic vessel**

TOBY SNELGROVE/METROBLENZNEWSSQUAD

The Russian tall ship Kruzenshtern moored adjacent to Lonsdale Quay in North Vancouver. The historic vessel is here to promote the next Winter Olympic Games in Sochi, Russia. Until Feb. 29, Metro will publish a photo of the day submitted by a reader or member of the Metro-Blenz News Squad. Send your photos to vancouverletters@metronews.ca for consideration.

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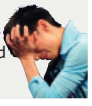
WHAT'S ONLINE TODAY

Video Olympic figure skaters on the potential for humiliation in the 'kiss and cry' camera shot



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French furor over bilingual Games content

Members of Quebec's media are raking the CEO of the Vancouver Games over the coals for the perceived lack of French at the opening ceremonies. THE CANADIAN PRESS

Canada

FRED CHARTRAND/THE CANADIAN PRESS

Prime Minister Stephen Harper shakes hands with Haitian Prime Minister Jean-Max Bellerive, left, as President Rene Preval, centre, looks on as the they begin a bilateral meeting at the airport outside the Haitian capital of Port-au-Prince yesterday.

Harper visits Haiti

Announces $12M for government base

Haiti Crisis

Canada will help the Haitian government get back on its feet by building an adminsitrative base to replace a number of smashed buildings in the country's shattered capital.

During a visit to Haiti, Prime Minister Stephen Harper announced yesterday Canada would spend up to $12 million to create a temporary facility to house government departments and civil servants.

A number of Haitian government buildings have been reduced to rubble, from the presidential palace to the tax department and the education ministry.

Workers have been trying to salvage any scraps of paper documents while crews remove bodies and bulldozers demolish what's left of the condemned buildings.

The Canadian-funded base will include soft-covered tents and hard-shelled temporary buildings. It is expected to be up and running for up to a year, and construction will start once the Haitian government chooses a location.

"(This is) an important step toward recovery and reconstruction," Harper said.

The prime minister plans to get a glimpse of Canadian aid efforts, assess longer-term needs, and stress the message that Canada is in Haiti for the long haul.

The Canadian military and civilian volunteers have been providing clean water, food, security and medical care since the Jan. 12 earthquake.

THE CANADIAN PRESS

First to show up

- The prime minister is the first G20 leader to visit Haiti since the earthquake, following the heads of several neighbouring countries who have already made the trip.

Rights group to attend rallies

SEAN KOLENKO
for Metro Vancouver

VANCOUVER 2010 Games

PROTESTS After respecting the wishes of protest organizers and not attending last Saturday's anti-Olympic demonstration, the B.C. Civil Liberties Association says it will be a presence at every rally for the remainder of the Games.

Members of the Olympic Resistance network asked the civil rights group to stay away claiming that undercover police officers had registered as volunteers.

"We had reason to believe that undercover officers were at our training sessions and could have registered," the organization's director, David Eby said. "But, there is no way to know for sure."

Const. Lindsey Houghton, spokesperson for the Vancouver Police Department, confirmed police presence at the sessions, but said they were invited.

"We attended their trainings at their request," said Houghton. "I have no knowledge of any undercover presence."

Saturday's demonstration saw protesters break a number of windows in downtown buildings. Three people have been charged.

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ScanLife

The Simpsons' curling adventure is a big hit with the oft-ignored sports Olympians in Vancouver. Scan this code for the story.

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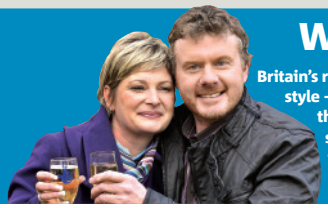
Czech doctors leave foot-long medical tool in woman's stomach

It took five long months for a Czech woman to discover the reason for her pain: Doctors in the southeastern town of Ivancice had left a foot-long medical tool inside her abdomen. THE ASSOCIATED PRESS

World



Well, bacon is very tasty

Britain's richest-ever lottery winners say they celebrated their $92-million jackpot in modest style — with breakfast in a grocery store. Nigel Page, a 43-year-old janitor, said yesterday that he, his partner and their children ate bacon sandwiches at a Waitrose superstore to take in the news. Page won half a jackpot worth 112 million pounds in Friday's EuroMillions lottery draw. The second winning ticket was bought in Spain, but the winner has not been named. THE ASSOCIATED PRESS

Several dead after Belgian train crash

A rush-hour commuter train sped through a red signal and slammed into an oncoming train as it left a suburban Brussels station yesterday, killing at least 18 people and disrupting rail traffic in northern Europe.

Investigations into one the worst accidents on the Belgian rails were likely to focus on whether human error was responsible or if it could have been influenced by the persistently freezing temperatures that have iced up the European capital.

101 Europe's worst ever train crash took place near the German village of Eschede in June 1998, where 101 people were killed and 88 injured.

Officials said 80 people were injured, 20 of them seriously, and the death toll — 15 men and three women — was not considered final. As darkness fell more than 10 hours later, rescuers were still looking for victims in the wreckage, said Jos Colpin, the spokesman for the federal prosecutor's office.

The fate of the two drivers was not immediately known, and officials said they were having difficulty identifying some of the victims.

The trains, carrying a total of about 300 passengers, collided in light snow just outside of the station at Buizingen about 15 kms from Brussels around 8:30 a.m. THE ASSOCIATED PRESS

India defence expo **Tanks a lot**

MANISH SWARUP/THE ASSOCIATED PRESS

Foreign exhibitors look at a bullet-proof armoured vehicle yesterday at the Defence Expo in New Delhi, India. As many as 650 companies from more than 35 countries are displaying weapon systems and equipment for the army and navy.

Rescued pup a worldwide fan favourite

POLAND The incredible story of Baltic, the Polish pooch rescued from an ice sheet at sea, has struck a chord worldwide.

The seagoing mutt is being bombarded with email, will likely soon have a Facebook page and one family drove more than 500 kilometres from the Czech Republic in the false hope he was theirs.

Baltic

Calls and emails have come in from as far as Australia and Canada praising the crew of a ship that rescued Baltic and pleading for updates and photos, too, Ewa Baradziej-Krzyzankowska, the dog's de facto spokeswoman, told The Associated Press yesterday. THE ASSOCIATED PRESS

News in brief

BAGHDAD Iraq is cracking down on shops and tailors who sell and make police and military uniforms after attackers disguised themselves as security to slip through checkpoints and carry out suicide bombings in heavily guarded Baghdad. Recent security lapses that allowed bombings at government buildings and hotels in Baghdad have embarrassed the Iraqi government. THE ASSOCIATED PRESS

Hit squad killed Hamas man: Dubai

HAMAS Dubai's police chief said yesterday an 11-member hit squad with European passports was responsible for the killing of a Hamas commander in his hotel room last month and released their photos, names, nationalities and passport numbers.

Lt. Gen. Dhahi Khalfan Tamim did not directly implicate Israel, as the Islamic militant group has. But the details he released are the most comprehensive accusations since the body of Mahmoud al-Mabhouh was found Jan. 20. THE ASSOCIATED PRESS

Troops: Strict rules hamper Afghan advancement

WAR Some American and Afghan troops say they're fighting the latest offensive in Afghanistan with a handicap — strict rules that routinely force them to hold their fire.

Although details of the new guidelines are classified, U.S. troops say the Taliban are keenly aware of the restrictions.

"I understand the reason behind it, but it's so hard to fight a war like this," said Lance Cpl. Travis Anderson, adding his platoon had repeatedly seen men drop their guns and blend in with civilians. If a man emerges from a Taliban hideout after shooting erupts, U.S. troops say they cannot fire at him if he is not seen carrying a weapon — or if they did not personally watch him drop one. The U.S. army acknowledges the risk to its troops, but maintain that civilian casualties can alienate the population and lead to a prolonged conflict. THE ASSOCIATED PRESS

Battle continues

- Sniper teams attacked U.S. Marines and Afghan troops across the Taliban haven of Marjah, as several gun battles erupted yesterday on the third day of a major offensive to seize the extremists' southern heartland.

News in brief

U.S. A polygamous church in Utah led by Warren Jeffs before he was jailed in 2007 has named a new president who is facing bigamy charges. Wendell Loy Nielsen, 69, was named president in documents filed with the Utah Department of Commerce. He has long been a senior leader in the hierarchy of the southern Utah-based Fundamentalist Church of Jesus Christ of Latter Day Saints. THE ASSOCIATED PRESS

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An embattled White House shifts from "hope and change" to directly counter simmering anger among U.S. voters. Scan this code for the story.

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Comment

Quebec grievance era has passed

Heritage Minister James Moore had a point of sorts in saying there wasn't enough French content in the opening ceremonies of the Vancouver Olympics. There could have been more.

But it was hard to keep from yawning. His complaint sounded 20 or 30 years out of date, from a bygone era. Bilingualism is still a noble cause but in the public psyche it has faded in importance. It was part of the Quebec grievance era. That era, beginning with the arrival of separatist forces in the early 1960s, spanned almost four decades.

It was remarkable when you think about it. Quebec angsts, Quebec separatists, Quebec issues dominated the national agenda to an astonishing degree. There was the rise of René Lévesque, the October Crisis, the election of the Parti Québécois, the 1980 referendum, bilingualism uproars, the repatriation debate, Meech Lake, Charlottetown, Jacques Parizeau, Lucien Bouchard, the 1995 referendum, the Clarity Act. There was the run of Quebec-based prime ministers — Trudeau, Mulroney, Chretien, Martin.

Nothing lasts forever. The grievance era has passed. Nobody gets excited about the separatist threat anymore. Nobody gets excited about bilingualism anymore.

In British Columbia, only 55,000 of four million people are native French speakers. They are overwhelmed in the multi-ethnic province by those who speak South Asian or Chinese dialects.

The opening show did spotlight French singer Garou and three of the eight Olympic flag-bearers were from Quebec. Celine Dion had been invited but didn't attend. Games CEO John Furlong said only a handful of words in French in his welcoming address. Given his appalling pronunciation we were thankful he stopped at that.

The opening couple days of the Games had enough misfortunes — the death of the luger, the glitches with the hydraulic lifts at the torch lighting, the spring-like weather. Organizers didn't really need complaints about not enough French to rain further on the parade.

Such complaints may have some merit. But Canadians don't want to hear them any more. They have heard them for 40 years running.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Roller-coaster market can produce wealth

Forget about following day-to-day stock market action. It is too unstable and only breeds nausea, heartburn and indigestion.

The longer view, on the other hand, can be, and usually is, cheerily optimistic. Despite its recent gyrations, the market, measured by the S&P/TSX Composite Index, is nearly 50 per cent above its bottom of last March.

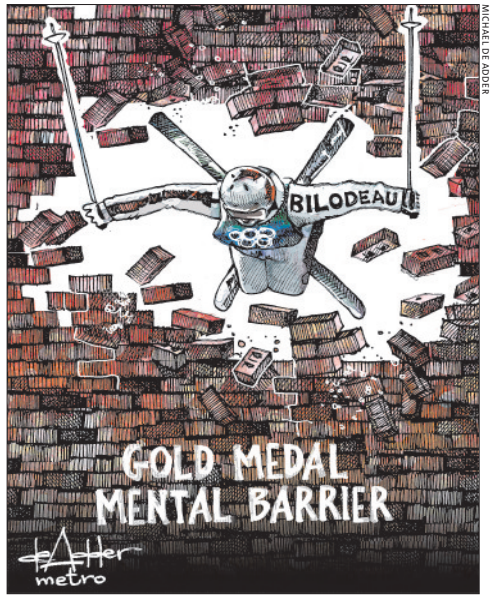
That's very good news. It's sad, then, that so many Canadians have completely missed out on it, with negative consequences for themselves, and the economy. A recent report estimates that over the past year or so, Canadian investors have tucked away as much as $90 billion in hyper-safe but low yielding investments like savings accounts and guaranteed investment certificates rather than chancing the equity market.

It's worth reflecting on this depressing phenomenon here as the end of RRSP season nears. Retail investors have always been creatures of extremes, driven into hiding by bear markets; then becoming cockeyed, nay greedy, opportunists after the bull has taken flight. They almost invariably manage to be counterintuitive, selling low and buying high. In the quest for security, they ignore the fact that a gradual and consistent accumulation of stocks through good times, and especially bad times, eventually produces wealth.

In part, the risk aversion is understandable. A whiff of casino atmosphere has always hovered over the stock market, and we've just been through the worst of a recession that has ruthlessly pared jobs and incomes. This kind of stuff terrifies investors, especially older ones who are more liable to be concerned with preserving savings for the cost of nursing home care than building a portfolio.

But think longer term. Freight car loads of personal finance books and miles of copy on the subject in the popular press have failed to convince investors to build their wealth the sensible way, by making a long-term commitment to stocks, and by patiently riding out the rough patches.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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World nearing 5 billion mobile phones

Mobile phone subscriptions worldwide has reached 4.6 billion — with no drop in demand even during the economic crisis — and is expected to increase to five billion this year, the United Nations' telecommunications agency said yesterday. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Feds eye tighter home buyer rules

MORTGAGES The federal government is expected to announce new rules today that would make it more difficult for first-time buyers to enter Canada's hot housing marking because of concerns Canadians may be taking on too much debt.

Economists have advised Finance Minister Jim Flaherty the best way to protect Canadians is to institute a debt affordability test to qualify for a Canadian Mortgage and Housing Corp. insured mortgage. THE CANADIAN PRESS

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ScanLife

Iceland's government hopes to dodge a referendum on a controversial debt payment plan with new negotiations in Europe. Scan this code for the story.

Marketing gold

Bilodeau's win opens door to corporate Canada

Just hours after his gold-medal win in freestyle moguls Sunday, Alexandre Bilodeau celebrated with a trip to a local McDonald's, scarfing down a Big Mac and fries after posing for a publicity shot.

The medal — the first Olympic gold won on Canadian soil — will likely lead to many opportunities for the 22-year-old skier to partner up with corporate Canada.

For Bilodeau, accolades began to rain down almost as soon as he had posted the win. The Royal Canadian Mint and Canada Post plan to honour the Quebecer's victory with the immediate release of gold medal commemorative coins and stamps.

THE CANADIAN PRESS/SUBMITTED PHOTO

Freestyle Moguls skier Alexandre Bilodeau, left, celebrates at the McDonald's at the Olympic press centre within hours of winning Canada's first gold medal on Canadian soil.

Royal Bank spokesman Geoff Owen, whose bank sponsors the freestyle skiing team, says Olympic tie-ins are marketing gold for sponsors. THE CANADIAN PRESS

Toyota has more brake problems

COMPLAINTS The U.S. government has received new complaints alleging 34 deaths in Toyota vehicles due to sudden acceleration since 2000. A database yesterday showed the government has received complaints alleging 13 additional deaths during the past three weeks. The deaths allegedly attributable to this problem happened in nine crashes between 2005 and 2010. THE ASSOCIATED PRESS

Your Money

Mortgages for self-employed

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

It was a sad day when I sold my 1971 Karmann Ghia — a sexy number for a freelance writer to bomb around Vancouver streets.

Therein lay the problem — freelance writer, i.e. self-employed, ergo a bad credit risk. Though I supplicated myself trying to borrow $4,000 to buy a first computer, my little beauty ended up financing my technology upgrade.

Later I hoped for better luck with a mortgage. I had 30 per cent saved, but when the loan officers saw my income tax return they couldn't show me the door quickly enough.

The banks only took into account taxable income while I, like most self-employed, had many more deductions, such as use of home and auto, to lower that figure. Even with a hefty gross income, the self-employed have historically come up short as credit worthy.

But that's changing, according to mortgage agent Dianne Chafe with Oriana Financial in Toronto. "Financial institutions are more and more willing to look at gross income," she says. "If your finances are in good shape, you should be able to get as good a rate as an employed person."

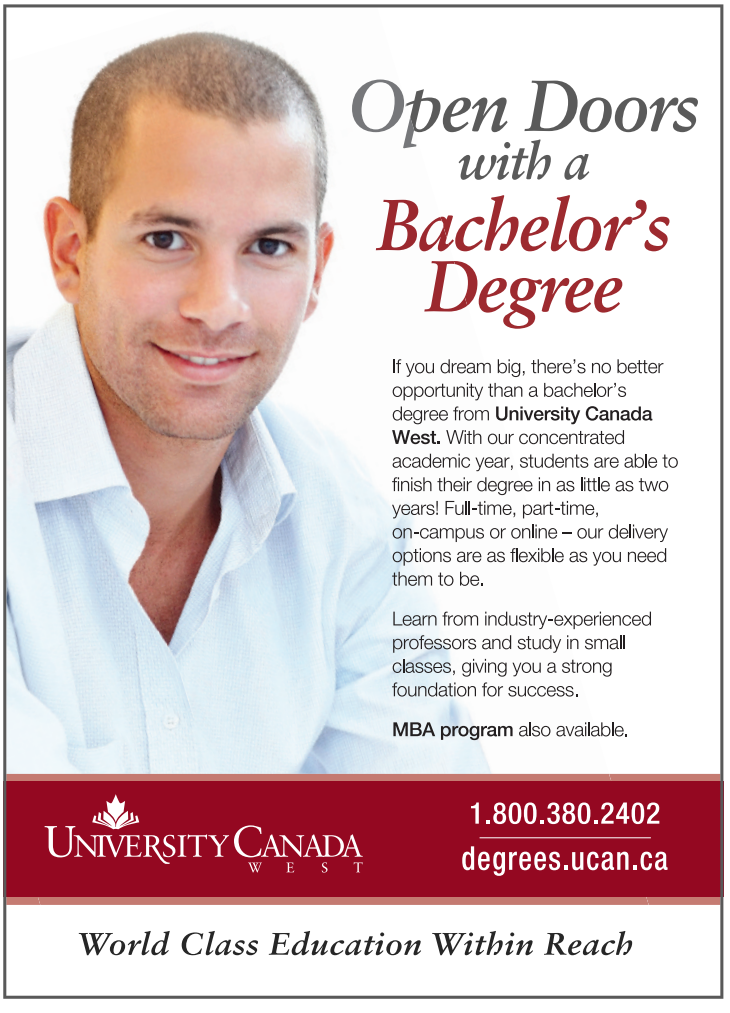
Here are three tips :

1 Aim for 20 to 25 per cent down to reduce debt load and avoid mortgage insurance.

2 Be able to prove you have been in business for at least two years. The easiest way to do this is to register your business.

3 Keep your total debt servicing — mortgage, condo fees, property tax, utilities and non-mortgage debt — as close as possible to 40 to 44 per cent of your net income.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.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Jordan seeking to buy Bobcats: Coach
Charlotte Bobcats coach Larry Brown says Former NBA great Michael Jordan is doing everything he can to become the majority owner of the club in his home state. THE ASSOCIATED PRESS

9

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Blockbusters brewing?

Electrifying as teammates for one night, imagine LeBron James and Dwyane Wade together for an entire season.

At least one of them does.

"We can dream, can't we?" Wade said. "I dream."

After watching them Sunday night in the all-star game at Cowboys Stadium, who wouldn't? Well, except rival coaches.

"I don't think you needed to see tonight to understand that would scare any of us in this league," Eastern Conference coach Stan Van Gundy said.

Wade scored 28 points and was the MVP, James added 25 and the East beat the West 141-139.

A James-Wade partnership could happen, but that wouldn't be until the summer. In the meantime, one or both of them still could get some all-star calibre help.

The NBA trade deadline is Thursday, with Cleveland and Miami among the teams most frequently appearing in the usual mid-February speculation. And for the second consecutive year, much of it focuses on Amare Stoudemire of Phoenix.

The Cavaliers and Heat both have been linked to the all-star forward, a terrific Plan B if neither can make a James-Wade tandem happen.

But the Cavaliers may not need a deal after rolling into the break with a 13-game winning streak and an NBA-best 43-11 record, even without the injured Mo Williams.

But they also want to show James they are totally committed to winning before he becomes a free agent this summer, and there's still some improving that can be done.

Miami needs a little of everything after reaching the break in seventh place in the East with a 26-27 record. Wade has warned the Heat his decision to stay this summer will be based on whether he believes his team can be a contender. THE ASSOCIATED PRESS

RONALD MARTINEZ/GETTY IMAGES

LeBron James and Dwyane Wade of the Eastern Conference celebrate their 141-139 victory over the Western Conference in the NBA all-star game in Arlington, Texas, on Sunday.

m.metronews.ca
ScanLife

A remade Dallas Mavericks squad exits the break looking to challenge the Lakers' dominance. Scan the code for the full story.

Sports in brief

SOCCER England's Premier League is reportedly considering the introduction of play-offs to decide which team takes its fourth Champions League place. The top four clubs currently qualify automatically for Europe's top club competition but The Guardian newspaper says the Premier League could reduce that to three and give the final place to the winner of end-of-season playoffs involving teams finishing fourth through seventh.

WARRANT A French judge has issued a national arrest warrant for U.S. cyclist Floyd Landis in connection with a case of data hacking at a doping laboratory, a prosecutor's office said. Landis denied the hacking allegations in an email to the Los Angeles Times yesterday and said no warrant has been served against him. THE ASSOCIATED PRESS

Few impact free agents left on the CFL market

FOOTBALL Amidst the workouts and the waiting, Byron Parker has been watching.

From his off-season home in Atlanta, the veteran CFL cornerback stumbled across an Olympic biathlon broadcast over the weekend and was astonished to learn that "guys are getting medals for skiing and shooting BB guns."

Parker has spent the winter wondering what kind of reward he might receive when he became a free agent. The 28-year-old was set to find out this morning, when a modest group of established free agents would be free to sell their services to the highest bidder.

Some of the biggest names had already re-signed with their teams before the deadline, including Calgary running back Joffrey Reynolds and Saskatchewan receiver Andy Fantuz. Only two established running backs (Toronto's Jamal Robertson and Saskatchewan's Wes Cates) and one quarterback (Saskatchewan's Steven Jyles) were left on the market heading into the free-agent period.

Not every team embraces the free-agent market. Montreal general manager Jim Popp has historically been among the least active in free agency, opting instead to groom and retain his own players.

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Fundraising initiative

Toys "R" Us is partnering with Autism Speaks, an autism advocacy group dedicated to funding research into the causes of autism. Monetary donations are being accepted at nearly 70 stores across the country or online (Toysrus.ca) from now through April, which is Autism Awareness Month. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Healthy home habits mean healthy kids

CELIA MILNE
for Metro Canada

Is your child headed for obesity? Here's some advice your grandmother might have given you — chances are slimmer that your kids will be fat if they eat meals at home, don't watch too much TV, and get lots of sleep.

Researchers in Ohio analysed data on thousands of four-year-old children to find out whether some good, old-fashioned household habits were associated with lower risk for obesity. And the results were quite dramatic.

"Children living in households where they regularly ate dinner as a family, got enough sleep at night, and were limited in their daily TV viewing were 40 per cent less likely to be obese compared to children who had none of these household routines," said Dr. Sarah Anderson (PhD), assistant professor of epidemiology at Ohio State University and lead author of the study.

Each of the routines had been linked in previous studies to lower obesity, but this was the first time researchers had studied such a large group of children to assess the benefit of using all three routines.

"Each of these household routines by themselves was associated with lower risk for obesity, and the more of them children had, the better," said Anderson.

The study involved a national sample of about 8,550 four-year-old children enrolled in the Early Childhood Longitudinal Study in the U.S. Eighteen per cent of the children were obese.

Although every family and every child is different in terms of what's needed, there are a few targets to aim for.

"We saw a lower risk of obesity associated with 10 and a half hours of sleep each night, two hours maximum of screen-viewing time per day, and family meals more than five times per week," said Anderson.

Screen time includes time spent watching videos and DVDs.

Establishing these routines probably has other benefits to children's development, such as emotional stability.

"Families with young children may want to consider what it would take for them to have these routines for their child," she said.

The study is scheduled for publication in the March issue of the journal Pediatrics. Anderson's co-author was Robert Whitaker, professor of public health and pediatrics at Temple University.

PHOTOS.COM

Kids who eat regular meals with their families are less likely to be obese.

Red Bull and vodka may increase chance of reaching for car keys

CELIA MILNE
for Metro Canada

ALCOHOL It's a cruel combo. If you consume energy drinks with alcohol, you're probably drunker than you think.

Kids of college and university age will often use energy drinks such as Red Bull with alcohol to boost their buzz. A study in Florida has found that adding caffeine to alcohol increases the risk of being very drunk and deciding to drive.

Researchers from the University of Florida did interviews with more than 800 randomly selected young people leaving bars late at night. The participants were asked what they had been drinking and also whether they intended to drive home. Their breath alcohol levels were tested. The study found that those who drank energy drinks mixed with alcohol had a threefold increased risk of leaving a bar highly intoxicated.

More ominously, they were four times more likely to intend to drive that night than those who only drank alcohol.

"When caffeine is mixed with alcohol it overcomes the sedating effects of alcohol and people may perceive that they are less intoxicated than they really are," said the study's lead researcher Dennis Thombs, an associate professor in the UF College of Public Health.

Mixing energy drinks with alcohol may make you feel less drunk than you actually are, a study reports.

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Weir pondering quadruple jump
Three-time U.S. champion Johnny Weir is considering bringing back a quadruple jump in his free skate for the Vancouver Olympics. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Luongo gets the nod

When Team Canada opens the Olympic men's hockey tournament, there will be no one more at home than the man in goal.

Roberto Luongo will start when Canada plays Norway today, a somewhat surprising call from coach Mike Babcock. Then again, the Vancouver Canucks goaltender is no stranger to Canada Hockey Place — better known as GM Place outside of the Olympics — and hopes the building provides the entire team with a lift.

"It's mostly the comfort level," Luongo said yesterday. "We're comfortable with the arena."

Part of the reason Babcock decided to give Luongo the start in the opener is because the game will be played in his home NHL rink. The coach always intended to split the opening two starts and figured it made more sense for Martin Brodeur to play the second game against Switzerland on Thursday.

"I thought because (Luongo's) from here and I was playing one of them in (each) game," explained Babcock. "Marty's played a ton of hockey and I thought this provides him a little time."

Beyond that, the goaltending plans remain a work in progress — much like the rest of the team.

The Canadian players were put through their only pre-tournament practice last night, a brisk workout that was very business-like. With so little time to prepare for as a group, it was important for the coaching staff to deliver a lot of information. "We tried to get through our material, we tried to get everyone back on the same page," said Babcock. "We're like all teams here — you've got to be a work in progress and you've got to try to get better each and every day. We think we're capable of doing that. If we don't, we won't be in the tournament very long." THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

Goaltender Roberto Luongo will start for Team Canada today against Norway.

Figure skaters have shot at history

FRANCE Vanessa James says she had two big reasons to feel proud on the ice yesterday: She was part of the first black figure skating pair in Olympic history; and she did it in the country of her birth.

Toronto-born James and partner Yannick Bonheur, skating for France, delighted the crowd at the Pacific Coliseum with an elegant and technically-rich routine in their free skate. They are among the few black skaters who have climbed the ranks of international figure skating and the first to reach these heights as part of a pair.

"We've actually had a few people who had come from the U.S. to watch the Olympics and they had never seen us before, and they have children who are black figure skaters and now they want to be the best," James said after their routine yesterday.

"They see that it's possible, so I hope we do see more black skaters in figure skating, and then we'll see more skaters."

James said she is thrilled to be skating in Canada.

"My mom is Canadian too, and she's very proud that I'm skating in Canada and that I'm Canadian," she said.

THE CANADIAN PRESS

VANCOUVER GAMES

MedalCount

NATION				TOTAL
U.S.	2	2	4	8
Germany	1	3	1	5
France	2	0	2	4
Canada	1	2	1	4
Switzerland	3	0	0	3
South Korea	2	1	0	3
Norway	0	2	1	3
Italy	0	1	2	3
China	1	1	0	2
Czech Republic	1	0	1	2
Japan	0	1	1	2
Netherlands	1	0	0	1
Slovakia	1	0	0	1
Sweden	1	0	0	1
Australia	0	1	0	1

Getzlaf cleared for action with Team Canada

HOCKEY Ryan Getzlaf has been cleared to play for Team Canada at the Olympics.

The Anaheim Ducks centre missed a couple of NHL games this week with a sprained left ankle, but was given the thumbs-up to compete for Canada one day after scoring four points in his return to the lineup.

As a result, Canada will enter the men's Olympic tournament with the same 23 players executive director Steve Yzerman announced Dec. 30.

Getzlaf was really the only question mark. Team Canada associate director Doug Armstrong travelled to Edmonton to watch him play Sunday and Getzlaf responded with two goals and two assists in an Anaheim victory. After the game, he expressed hope that he would be included on the final Canadian roster.

"In my mind, it's pretty made up," said Getzlaf. "Obviously, I would like to be there."

The roster was officially submitted yesterday and cannot be changed at any point during the event. The Canadian team opens the tournament today against Norway.

Philadelphia Flyers forward Jeff Carter flew to Vancouver Sunday in case Getzlaf was unable to compete and headed home without ever having stepped on the ice at Canada Hockey Place.

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Germany's Pechstein hopes to compete despite ban

Five-time Olympic speedskating champion Claudia Pechstein of Germany says she has appealed to the Court of Arbitration for Sport hoping to compete at the Vancouver Games despite her doping ban. THE ASSOCIATED PRESS

Vancouver Games

Almost ready to toss some rocks

After much anticipation, Canadian curler Cheryl Bernard hits the ice today

Curler Cheryl Bernard won't have much time to get her feet wet at her first Winter Olympics.

The Calgary skip will make her Games debut today in front of what's sure to be a raucous Vancouver crowd and will square off against the woman who has claimed the silver medal in each of the last two Olympics, Switzerland's Mirjam Ott.

Easing into the tournament against a tough opponent, Bernard isn't worried.

"They're an offensive team and they'll go at it and I don't mind that game at all," Bernard said yesterday after her final training session in Vancouver. "I'm looking forward to playing them."

The 43-year-old, who clinched her spot at the Olympics by winning the Canadian curling trials last December, sounded as though she'd take on just about anyone if it meant finally getting the Games underway.

"I came in (the media area) and I said, 'I don't know what else I have to say because we haven't played yet,'" Bernard said to reporters with her customary off-ice laugh.

NATHAN DENETTE/THE CANADIAN PRESS

Team Canada second Carolyn Darbyshire, centre, jokes as skip Cheryl Bernard, left, and lead Cori Bartel smile during practice at the Olympic Centre yesterday at the 2010 Olympic Winter Games in Vancouver. The Canadian rink will take on Switzerland today.

While Bernard will open with a difficult matchup against Ott, the odds were quite high her first round-robin contest wouldn't be a walk in the park.

The women's Olympic curling field is deep and there's no shortage of teams that could wind up on top of the podium.

Sweden's Anette Norberg is the defending Olympic gold medallist and a two-time world champion.

China's Bingyu Wang won the world championship last year and has been picked by some to claim gold in Vancouver.

And then there's Ott. With her two Olympic runner-up performances, the Swiss skip has become something of international curling's bridesmaid.

But she insisted she will be perfectly content with another silver, or even bronze, and appeared just as eager as Bernard to get the tournament underway.

"Now all the jet lag is gone, we are used to the Olympic village, we are used to all this entourage, the security, so we are really ready to start and happy that we can start (today)," she said.

THE CANADIAN PRESS

Drought

- Cheryl Bernard will be attempting to claim Canada's first women's gold in curling since Sandra Schmirler in 1998.

Canada headed to semifinals after handing Swiss blowout

HOCKEY Canada punched its ticket to the semifinals of the Olympic women's hockey tournament yesterday with a 10-1 win over Switzerland.

The Canadian women improved to 2-0 and can finish first in Group A with a win over Sweden in the final preliminary-round game for both countries tomorrow.

Scoring onslaught

- Canada, the defending Olympic champion, has outscored its opposition 28-1 in its first two games. The 18 goals scored against Slovakia on Saturday were an Olympic women's hockey record.

The top two teams in each group advance to the semifinals Feb. 22.

The top seed crosses over to play the runner-up in the other pool in the semis.

While Canada's high goal output may seem unnecessary to some, should Canada and the U.S. meet in the final with the same record, the country with the better goal differential will be designated the home team.

Meghan Agosta of Ruthven, Ont., paced Canada with a pair of goals. Jayna Hefford of Kingston, Ont., scored her second short-handed goal of the tournament and the hosts also got goals from Montreal's Catherine Ward, Marie-Philip Poulin of Beauceville, Que., Toronto's Cherie Piper, Gillian Apps of Unionville, Ont., and Sarah Vaillancourt of Sherbrooke, Que.

Goalie Shannon Szabados of Edmonton earned the win in front of an enthusiastic crowd at the Thunderbird Arena at the University of British Columbia. THE CANADIAN PRESS

No sentimental victory for Quebec's Guay

SKIING Being the top Canadian didn't mean much to Erik Guay after the host country was shut out of the medals in the men's downhill at the Winter Olympics yesterday.

The race was won by Switzerland's Didier Defago in one minute, 54.31 seconds. Guay, from Mont-Tremblant, Que., was fifth in 1:54.64

"It's heartbreaking a little bit to be fifth," said Guay. "It wasn't a bad run and it's my best result of the year in downhill.

"You hope and pray for Olympic miracles. I would have loved to be on the podium but fifth place is where I am standing."

Manuel Osborne-Paradis of Invermere, B.C., was seen as Canada's top medal threat in the marquee event on the alpine skiing schedule. A couple of mistakes cost him time and he finished 17th in 1:55.44.

Norway's Aksel Lund Svindal was second in 1:54.38.

THE CANADIAN PRESS

Field of Play

Scott Russell

Alexandre Bilodeau's gold medal has changed things for Canada. Read Scott Russell at www.metronews.ca.

Move time and space...

SHAW PEOPLE POWERED

Canuck boarders told to loosen up

CLOTHING When Olympic snowboard cross racers hit the mountain for the last day of training before the men's event, their conversation slopeside included strategy, track conditions and fashion — especially the Canadians' ever-so-tight snowpants.

American boarders, riding in their baggier gear, have been gently ribbing the Canadians during training runs, telling them to loosen up a little.

"We want to keep the cool factor in snowboarding, we don't want it to go speed suits," Nick Baumgartner said on Cypress Mountain.

Fellow U.S. rider Nate Holland said the Canadian team is pushing the limits of a longstanding gentlemen's agreement to keep boardercrossers in loose-fitting pants.

The form-fitting team pants worn by some Canadians give them an aerodynamic edge and even threaten the future of snowboard cross itself, he said.

"It's the red-headed stepchild of snowboarding, and so I think it's just really important to keep that integrity intact," Holland said after the last day of men's training before yesterday's Olympic event.

"I'm a snowboarder through and through and boardercross is a freestyle snowboarders' race. I think it should stay that way."

THE CANADIAN PRESS

Rules of pants

- The Americans have unsuccessfully called on the International Ski Federation to follow the X Games lead and set a minimum pant-leg width for snowboard cross.

Canadian snowboarder Robert Fagan

Slower track agreed upon for Sochi
The international luge federation and Sochi organizers have agreed on a slower track for the 2014 Olympics, reducing the risk of the kind of fatal accident that marred the start of the Vancouver Games. THE ASSOCIATED PRESS

Get your Games face on

Metro looks at yesterday's sights around the Winter Games

JEFF MCINTOSH/THE CANADIAN PRESS

CLIVE ROSE/GETTY IMAGES

Top left: Canadian Michelle Kelly starts her run during women's skeleton training at the Whistler Sliding Centre yesterday. Above: Chelsea Marshall of the United States looks on during training for the Alpine skiing Women's Downhill at Whistler Creekside. Left: Alexandre Bilodeau celebrates Canada's first Olympic gold medal ever won on home soil during yesterday's medal ceremony at B.C. Place.

JONATHAN HAYWARD/THE CANADIAN PRESS

BRUCE BENNETT/GETTY IMAGES

ANDREW VAUGHAN/THE CANADIAN PRESS

JACQUES BOISSINOT/THE CANADIAN PRESS

Above: Young fans cheer on Canada at the Women's hockey preliminary game against Switzerland at the UBC Thunderbird Arena yesterday. Above right: Canadian Alex Harvey grimaces after finishing the men's 15-kilometre free event at Whistler Olympic Park. Right: Didier Delfago of Switzerland reacts to his gold medal in the men's downhill in Whistler.

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PEOPLE POWERED

Vancouver anti-doping lab busy
Nearly 1,000 tests have been run at the state-of-the-art lab so far, according to IOC spokesperson Mark Adams. THE CANADIAN PRESS

Vancouver Games

Wotherspoon brings down house

Speedskater doesn't medal, but receives raucous sendoff in final Olympic appearance

KRISTEN THOMPSON
kristen.thompson@metronews.ca

He's one of the most decorated sprinters in men's speedskating, and last night Canada's Jeremy Wotherspoon ended his illustrious career with a ninth-place finish in the 500-metre race to a raucous hometown crowd.

Wotherspoon wasn't expected to medal, but there was the hope that the 33-year-old veteran — who has competed in three other Olympics, won countless World Cup medals and took home Silver in Nagano — would end his career on the podium. Despite the fact that three other Canadians were competing in the event at the Richmond Oval, it was Wotherspoon's appearance that nearly brought down the house with a deafening roar of cheers, cowbells and pounding feet.

It was his comeback performance after breaking his arm at the World Cup in Berlin in 2008. He also fell two years earlier in the Salt Lake City Games, where he was a gold medal favourite.

In the end, it's Korea's anthem that will play at B.C. Place for the Victory Ceremony tonight after Tae-Bum Mo won. Japan's Keiichiro Nagashima took silver and his teammate Joji Kato took bronze. The only glitch in the night came when the race was delayed by more than an hour because ice-resurfacing machines started experiencing technical problems. An issue with the ice delayed the women's 3,000-metre event on Sunday. Canadian Jamie Gregg came in seventh.

JENNIFER GAUTHIER/FOR METRO VANCOUVER

Jeremy Wotherspoon waves to the crowd at the Richmond Olympic Oval last night.

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Problems persist in Richmond

ICE MACHINES Maybe they should have gone with a Zamboni. The ice-resurfacing machines at the Richmond Olympic Oval continue to struggle on the Winter Games stage, with a mechanical breakdown leaving behind a pile of snow and a puddle of water in the middle of a speedskating competition for the second straight day.

Both times the messes were left about 20 metres from the inner lane's finish line, and yesterday the machine was pulled off the ice for repairs. A plain-white backup machine, looking naked in comparison to the main unit dressed with Olympic decorations, came out of an alternate garage and was eventually pressed into action, with chief ice-maker Mark Messer at the wheel.

Dutch national team coach Wopke de Vegt and American counterpart Ryan Shimabukuro both skated behind Messer, shaking their heads in frustration. Speed Skating Canada's Olympic program director Brian Rahill also piped in as he stood in the infield.

THE CANADIAN PRESS

Gold medal not only inspiration from Bilodeau and brother

CEREBRAL PALSY Alexandre Bilodeau's Olympic gold medal will forever be enshrined as Canada's first on home turf. But for people with cerebral palsy, it is the freestyle skier's tender — and very public — esteem for his brother Frederic that will long glitter in memory.

For Bilodeau, the cerebral palsy that has affected his older sibling's speech and muscle control is just one aspect of the man he unabashedly calls his hero and daily inspiration.

So seeing the TV images of the brothers joyfully embracing near the bottom of the moguls run was a magical moment for Joanne Hutchinson, a volunteer for the Halifax Regional Cerebral Palsy Association who was born with the condition.

"It made me feel good," said the 54-year-old, pointing out that many people with cerebral palsy avoid going out in public, especially if they have a noticeable disability or uncontrolled muscle movements or spasms. "They don't know much about us, they don't have an understanding and there's a lot of (public) misconceptions," added Hutchinson, who hopes the focus on Frederic Bilodeau's no-holds-barred support of his brother and his place of honour at the front of the spectators gallery will help raise awareness of the condition they share.

"So it's marvellous that it brings attention to us."

Craig Langston, president of the Cerebral Palsy Association of British Columbia, said the Quebec brothers' story "speaks of inclusion."

In Canada, an estimated 50,000 people are living with cerebral palsy.

THE CANADIAN PRESS

FRANCOIS ROY/THE CANADIAN PRESS

Frederic Bilodeau, left, celebrates with his brother Alexandre Bilodeau in this 2006 file photo.

About CP

- Cerebral palsy is a general term for a group of disorders affecting body movement and co-ordination. Most cases are believed to be caused by brain damage that occurs before, during or shortly after birth, although some cases have been linked to brain injuries or infections during the first few months or years of life.

Bilodeau win brings ratings gold for CTV
Some 7.3 million Canadians watched Alexandre Bilodeau win gold at the Vancouver Olympics, with the TV audience for Sunday's moguls final peaking at 9.7 million, according to CTV. THE CANADIAN PRESS

Vancouver Games

SEAN KILPATRICK/THE CANADIAN PRESS
Moguls skier Dale Begg-Smith

Begg-Smith slammed by Aussie press

Apparently Dale Begg-Smith's act is wearing a little thin Down Under in some quarters.

The taciturn Canadian-born moguls skier who now competes for Australia avoided most of the media before his Olympic competition Sunday night.

And while he spoke graciously about Alexandre Bilodeau, at least one critic back in Australia did not like what he saw. In a Sydney Morning Herald column entitled Why Mr. Miserable leaves us icy cold, Peter Fitzsimons wrote about why "there has been something very close to a national yawn" over Begg-Smith's showing at the Games.

"It is probably because his whole shtick all seems so ruthlessly joyless," Fitzsimmons wrote. "He is infamous for offering monosyllabic answers to journalists. And even in victory, or near victory, he offers nothing. To see him on the podium, between a wildly celebrating American and Canadian, while he looked like he had just sucked on a lemon, was to cringe."

THE CANADIAN PRESS

No need for 'mercy rule' in women's hockey, says president

HOCKEY Would you ask an Olympic marathoner who was 15 minutes ahead of the pack to slow down so they didn't humiliate other athletes?

No, suggests Rene Fasel, president of the International Ice Hockey Federation, and that's why there's no mercy rule needed for Olympic women's hockey.

The Canadian women reached the semifinal round yesterday beating Switzerland 10-1. They trounced the Slovaks on Sunday night with a record score of 18-0. Fasel said he spoke to the Slovaks and they were good-natured about the loss.

"Competition is competition," he said in an interview with The Canadian Press. "And for sure I'm not so happy what happened, but it was a great experience. I spoke a little bit with the Slovak delegation, it was a great experience for the girls, playing in front of 18,000 people, in a real hockey, NHL arena, with great crowds."

How the game is played is more important than the score, said Chris Rudge, chief executive officer of the Canadian Olympic Committee.

THE CANADIAN PRESS

Vancouver Games in brief

DOWNHILL SKIING Lindsey Vonn says a "bumpy" and "jarring" downhill training course didn't do her badly bruised shin any favours. Calling it "probably the worst course for my shin," the American finished the upper section of the course in the fastest time of the morning training runs yesterday. Her time of one minute, 30.75 seconds was 0.39 seconds faster than teammate Julia Mancuso's. Britt Janyk of Whistler, B.C., was the fastest Canadian, finishing fifth in a time of 1:31.76. Soon after the men's downhill finish, the women skied the much shorter bottom section. There, Vonn finished in 18.52 seconds.

THE CANADIAN PRESS

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What is organic?

What makes milk or meat organic? After a drawn-out debate, the U.S. Agriculture Department has significantly narrowed the definition to livestock that spend a third of the year grazing on pasture. THE ASSOCIATED PRESS

Food

Pancakes in a shake

Celebrate Shrove or "pancake" Tuesday in a pinch (or rather a "shake") with Dr. Oetker's new Shaker Pancake mix. With all the dry ingredients already prepped, all you have to do is add one cup of milk or water to the bottle and shake. The mix is trans fat-free, a source of fibre and prebiotic. (The batter can also be used in a waffle maker). Available at most grocery retailers in Buttermilk or Chocolate Chip flavour for $2.99. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Raise a glass to B.C. wines

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Confession time — I'm not that big a fan of the Olympics. Ever since they started letting professional athletes compete against other professional athletes, I've soured on the whole concept. That said; it is hard not to get swept up in the "Go Team Canada" vibe of these winter games.

Of course, hosting has its benefits. It's an amazing opportunity to show where our talents lie (and I don't mean just on the ice). Since British Columbia will see the brightest part of the spotlight it's also a chance for the rest of Canada to get a taste for the west. You can do it at home easy enough by raising a glass of B.C. wine.

Selection varies across the country with wines from Mission Hill Family Estate being some of the best and most readily available. Its **2006 Five Vineyards Cabernet Merlot VQA** ($16.45 - $18.99) from the Okanagan Valley is a ripe mix of plum and cherry fruit that has a subtle Bordeaux vibe that pairs well with most red meats.

Sandhill Estate Vineyard's 2006 Merlot VQA ($19.95 - $23.49) also calls the Okanagan home; showing off grilled beef-friendly flavours of dark red berry and cherry.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

LARRY CROWE/THE ASSOCIATED PRESS

Fast and Intense Gumbo is a speedy recipe of the traditional hearty meal often associated with Mardi Gras. This dish is best left in the refrigerator overnight to help improve its flavours.

Mardi Gras grub

Celebrate with a speedy take on traditional gumbo

You may not get down to New Orleans for Mardi Gras, but that doesn't mean you can't eat as if you're there.

This speedy version of gumbo is prepared in two pans. Combined at the end, the two parts have all the flavour of the traditional hearty dish. If you have the opportunity, letting it sit in the refrigerator overnight will seriously improve the flavours.

While there are many different styles of gumbo across the South — including variations between Creole and Cajun — okra is a must-have ingredient (among other things, it serves as a thickener) of this meat- and seafood-rich stew. Most grocers sell chopped or whole okra in the freezer section.

Fast and Intense Gumbo

MAKES 8 SERVINGS

INGREDIENTS:

- 125 ml (1/2 cup) butter, divided
- 50 ml (1/4 cup) all-purpose flour
- 3 cloves garlic, minced
- 375 ml (1 1/2 cups) chopped yellow onion (about 2 small)
- 175 ml (3/4 cup) chopped celery (about 3 stalks)
- 500 g (1 lb) okra, chopped
- 1 can (398 ml/14 oz) diced roasted tomatoes with chilies
- 425 ml (1 3/4 cups) water
- 2 ml (1/2 tsp) dried thyme
- 5 ml (1 tsp) sugar
- Salt and ground black pepper
- 500 g (1 lb) sirloin steak, cubed
- 500 g (1 lb) large shrimp, peeled and deveined
- 500 g (1 lb) Andouille sausage, sliced into rounds
- 500 g (1 lb) crab meat
- Juice of half a lemon
- 30 ml (2 Tbsp) Worcestershire sauce

METHOD:

In a large, heavy saucepan over medium, melt 50 ml (1/4 cup) of the butter. Stir in flour and cook, stirring constantly, until mixture is a deep brown, about 10 minutes.

Stir in garlic, onion, celery and okra. Continue to cook until onion is translucent and okra is stringy, 8 to 10 minutes. Add tomatoes, water, thyme, sugar, 5 ml (1 tsp) salt and 1 ml (1/4 tsp) pepper. Simmer for 20 minutes.

Meanwhile, in a large deep skillet over medium-high, melt remaining butter. Add 2 ml (1/2 tsp) salt, 1 ml (1/4 tsp) pepper and steak. Sear beef, turning occasionally, for about 3 minutes. Add shrimp and saute until pink, about 2 minutes. Add sausage, crab, lemon juice and Worcestershire sauce. Stir gently to heat through.

The mixtures can be combined in one pan to form the traditional stew-like dish, or the meat and seafood can be served over the vegetable mixture.

THE ASSOCIATED PRESS

Mardi Gras, a.k.a. "Fat Tuesday" is today!

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Surgery for Sutherland

Production on 24 has been suspended so Kiefer Sutherland can undergo a "minor elective procedure" after a cyst near his kidney ruptured last week. The 43-year-old actor missed work Friday, but production continued without him. TVGUIDE.COM

Entertainment

Name in the sky

Jim Carrey hired a skywriter to declare his love for Jenny McCarthy. The actress tweeted: "Just had sky writer come over our house and write J (heart) J in the sky. So fun. Anybody in LA go look at the sky." FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Law Abiding Citizen

Directors: F. Gary Gray

TAKE MOVIE vigilantism to its horrific extreme and the result is Law Abiding Citizen, a brutally effective and alarmingly cathartic combination of Death Wish and Saw.

You have to credit director F. Gary Gray (Friday) and screenwriter Kurt Wimmer (Street Kings) for recognizing the darkest instinct of vengeful vigilantes and their societal cheerleaders: They don't just want bad guys imprisoned, they want them destroyed.

That's the psychological ledge Gerard Butler's Clyde Shelton is pushed out on, after he witnesses two men rape and murder his wife and young daughter in his own home.

Previously a believer in the justice system, this mild-mannered engineer suffers a psychotic reversal after showboating Philadelphia prosecutor Nick Rice (Jamie Foxx) cuts a deal with one of the killers.

The main bad guy gets a reduced prison sentence in return for testifying against his oafish accomplice, who goes to Death Row.

The film becomes increasingly implausible. Yet it maintains incredible momentum, thanks in no small part to strong performances by Butler and Foxx.

DVD extras include a commentary by producers Lucas Foster and Alan Siegel DVD and several featurettes that explore the justice issues raised by the film.

Peter Howell/for Metro Canada

Genre-busting superhero

Harrelson fights back against Captain Industry in Defendor

RICHARD CROUSE
for Metro Canada

Just 24 hours before going into production on Defendor, a funny, genre-busting superhero movie, director Peter Stebbings got a mixed message from his star Woody Harrelson.

"Woody invited me to his place and said 'I have never been more unsure about what I'm going to do on a movie as I am on Defendor and I've never been as OK with that as I am on Defendor,'" says the director.

Harrelson was prepping himself to play Arthur, an emotionally stunted man who, with the help of a homemade costume and makeshift weapons, embarks on a crime fighting spree to bring down his arch enemy, Captain Industry, in his hometown of Hamilton, Ont.

"My nerves were a jangle," says Harrelson.

"I felt like I was out of my turf. It's one of those things that you can study and look at it from a lot of angles, which I did, but that doesn't mean you know what you're doing on the day they say 'Action!'"

Turns out the pre-game jitters were dispelled on the first day when Harrelson shot some of the film's most difficult, emotional scenes — a series of psychological interviews opposite actress Sandra Oh.

Woody Harrelson is on a quest to bring down arch enemy Captain Industry in Defendor.

Defendor opens in theatres on Friday

"I'm glad it happened like that," he says. "It pushed me. I didn't know what I was doing but at the end of that day I told my buddy, 'Rudy, I think I'm getting it.'"

Stebbings courted Harrelson for the part after seeing him in No Country for Old Men.

"I had two thoughts," he says. "One: Where has he been? He took a six year hiatus, and secondly, what a great jaw line. I thought he's never been bad in anything he's done and he's always a sympathetic character so I was thrilled when he was excited to be a part of it."

Despite his initial anxiety Harrelson is pleased with the result.

"I like the fact that Arthur is going after Captain Industry because, to me, I look at what's wrong with the world and it's the captains of industry — the greedy bastards who control the politicians."

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/16/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Kids in-Hall	Comedy Fest	CBC News: The National (N)		City-lan
	254	-	9 OMNI	Two/Half Men	Two/Half Men	XXI Winter Olympics Speed Skating. (Live)				Olympic Documentary (CC)		The Simpsons
	250	321	5 CTV	(3:00) XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies. (Live) (CC)								
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Masonic Leaders"		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Good Cop, Bad Cop"		NCIS: Los Angeles (CC)		The Good Wife "Unprepared"		News
	256	389	12 VI	Lost Locke seeks help. (N)		American Idol Part three of the Hollywood round. (N) (CC)				Past Life "Soul Music" (N)		A News (N)
	253	359	13 CITY	The Office	The Office	How I Met	Accidentally	Scrubs (CC)	Better Off Ted	Dark Blue "K-Town" (CC)		EP Daily
	-	-	14 CW	The Office	The Office	90210 (CC)		Melrose Place "Cahuenga"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Good Cop, Bad Cop"		NCIS: Los Angeles (CC)		The Good Wife "Unprepared"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Olympic Zone	XXI Winter Olympics Figure Skating, Snowboarding, Speed Skating, Skiing. (Same-day Tape) (CC)						
	602	568	19 W	Supernanny "Nitti Family"		Shopping	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	288	380	24 ABC	Wheel Fortune	Jeopardy! (N)	Lost "What Kate Does" (CC)		Lost Locke seeks help. (N)		the forgotten "Mama Jane"		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	WarGames ★★★ (1983, Suspense) Matthew Broderick.				Seinfeld	King/Queens	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	NOVA "Extreme Ice"		Frontline "The Warning"		Independent Lens Animals left behind. (N)		
	290	382	23 FOX	Two/Half Men	Two/Half Men	American Idol Part three of the Hollywood round. (N) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline World Wide Web and digital media.			After You	Tavis Smiley	Charlie Rose (N) (CC)		NOVA "Extreme Ice"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (CC)		Melrose Place "Cahuenga"		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	66 WGN	Basketball	WGN News	Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	75 STR	NTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	28 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	53 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(3:00) XXI Winter Olympics Speed Skating, Figure Skating, Snowboarding, Skiing. (Live)								Sportsnet
	400	400	30 TSN	(3:00) XXI Winter Olympics Curling, Snowboarding, Skiing, Biathlon. (Live)								SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Dangerous Drives		Pass Time	NASCAR Hub	Monster Jam		Super Bikes!	Super Bikes!	Danger-Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Fries That?	Prank Patrol	The Next Star (CC)		The Next Star (CC)		Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN (CC)	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Russia: Journey		A President to Remember (CC)			Recreat. Eden	Black Coffee
	575	583	20 CMT	Home Imp.	Home Imp.	Shaye: This Is It		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	42 MM	MOD Live at the Base (CC)		Vancouver 2010 Concert		America's Best Dance Crew		disBAND	Video on Trial	Video on Trial
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Million Dollar Listing (CC)		Bang, Buck	Genevieve	House
	615	520	31 A&E	Paranormal	Paranormal	Paranormal	Paranormal	(:01) Criminal Minds (CC)		Psychic Kids: Paranormal		Paranormal
	628	584	32 SPKE	Blue Mountain	Blue Mountain	UFC Unleashed		UFC Unleashed		Blue Mountain	Blue Mountain	Mysteries
	521	560	34 TLC	Little Couple	Little Couple	Cake Boss (CC)		19 Kids-Count	19 Kids-Count	Little Couple	Little Couple	Little Couple
	616	522	40 SHO	Relic Hunter (CC)		My Name Is Sarah (2007) Jennifer Beals. (CC)				Drop Dead Diva (CC)		NCIS (CC)
	620	523	40 BVO	(6:00) Callas Assoluta ★★		Law & Order "Corpus Delicti"		Without a Trace (CC)		Callas Assoluta ★★ (2007) (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives of New York		Real Housewives, Orange		Runway
	520	505	42 DIS	Swamp Loggers		Daily Planet (CC)		Destroyed	Destroyed	Swamp Loggers		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Fringe (CC)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	The Office	The Office	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Parking Wars	Parking Wars	Rescue Ink (CC)		Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	52 FN	Good Eats	Good Eats	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	53 AMC	Enter-Dragon	Enter the Dragon ★★★ (1973, Adventure) Bruce Lee, John Saxon. (CC)					Fight Club ★★★ (1999) Brad Pitt. (CC)		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit.-Conchords	Awesome	Daily Show
	320	621	60 CEN	(6:40) Jellyfish ★★★ (2007)		Hamlet 2 ★★ (2008) Steve Coogan. (CC)			Wild West Comedy Show			Lust, Caution
	581	566	101 MTV	16 and Pregnant "Jenelle"		MTV Live	Sex News	Taking, Stage	Hwd Hook	16 and Pregnant "Jenelle"		MTV Live
	261	394	102 V	Unscripted (N)	CrazyLove	Poltergeist: The Legacy		The Manchurian Candidate ★★★ (1962, Suspense) Frank Sinatra. (CC)				
	-	-	105 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Good Wife

Alicia (Golden Globe winner Julianna Margulies) gets ready to defend a scientist accused of arson, but she is caught off guard when Peter's (Chris Noth) attorney (Joe Morton) asks her to testify sooner than she had expected on Peter's behalf. Christine Baranski, Josh Charles and Matt Czuchry also star in "Unprepared"; Peter Riegert guest stars. 10 PM on CBS, GTV

Paranormal Cops

In the series finale, "Messages From Beyond," a fellow police officer calls Ron and the team in to help uncover the mysteries surrounding his night job as a security guard at a banquet hall, where the investigators find there could be multiple spirits trying to communicate with the living. 7:30 PM on A&E

Do you want fries with that?
Agent Jason Trawick took girlfriend Britney Spears to McDonald's for Valentine's Day, usmagazine.com reports. The couple was spotted at a drive thru in Los Angeles Sunday afternoon. METRO NEWS SERVICES

Celebrity Buzz

Murphy charity returns funds

ACCIDENTS HAPPEN... The Brittany Murphy Foundation, which is run by Murphy's husband, Simon Monjack and mother, Sharon Murphy, hadn't filed the necessary documents to qualify as a charity or nonprofit group and is now returning all the donations, popeater.com reports.

On Sunday, TMZ first reported that the foundation was not registered as a charity with the IRS or the state of California, as required by law. The foundation has issued an apology letter on the official website.

"In an effort to get the foundation off the ground quickly, we established it as a private foundation with plans to apply for nonprofit status down the road. However, after some thought, we have decided instead to wait until we have our nonprofit status approved before proceeding to ensure that we can truly honour Brittany's charitable desires.

"Any donations made up until this point will be returned until we have all our paperwork solidified," the letter reads.

METRO NEWS SERVICES

Montag looking to get another, bigger boob job

I DON'T KNOW WHY SHE WANTS TO GET BIGGER. SHE'S ALREADY MARRIED TO THE BIGGEST BOOB Heidi Montag will be getting more plastic surgery — just not anytime soon, people.com reports. "Eventually," she says, "for maintenance."

The MTV star, who has been a lightning rod since undergoing 10 procedures in one day, is thrilled with her new look, saying on the weekend that it was "the best decision I've ever made."

"My favorite part, I think one of them is my chin. I think that's what I was so excited about," Montag, said. "And I love my boobs but .. I didn't get them as big as I originally wanted."

METRO NEWS SERVICES

Tiger Woods to get a new toy

AND NO, IT'S NOT THAT KIND OF TOY Amid the scandals plaguing him and his marriage currently, Tiger Woods does have one thing he can reportedly look forward to: A new boat.

The 61-foot dive boat, christened Solitude, was built over the last two years and cost $1 million to $2 million US, sources tell People magazine.

"(It's) a dive boat and was designed for Elin (Nordegren), who loves the sport," a source says.

METRO NEWS SERVICES

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk with Lainey Lui

AVRIL LAVIGNE. When she was just 14, Avril Lavigne won a singing competition to perform with Shania Twain. Since then she has sold 30 million albums worldwide and is now at once a musician, a model, an actor, and a designer, and will be featured on the upcoming soundtrack for Tim Burton's Alice in Wonderland. The newly single artist will release her fourth album this year. Here are three things you might not know about Avril Lavigne:

ONE The designs for her "juniors lifestyle brand" Abbey Dawn are featured in an online videogame called Stardoll where users can dress up their favourite starlets in Avril's clothes.

TWO Lavigne had a small pink heart with the letter "D" tattooed on her right wrist to honour her now estranged husband Deryck Whibley.

THREE Lavigne and Whibley worked together on her new album which has been delayed reportedly due to divorce drama as Whibley is supposedly seeking spousal support and could block the release unless his terms are met.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

CelebTweets

Follow these celebrities on Twitter...

BEN STILLER doesn't like having his snapshots criticized. @redhourben Surprised by the overwhelming negative response to quality of the photo sent and assumption of intoxication. Want art, Follow @Ansel Adams.

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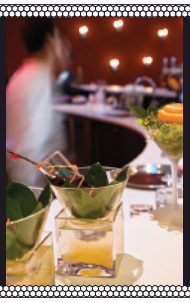

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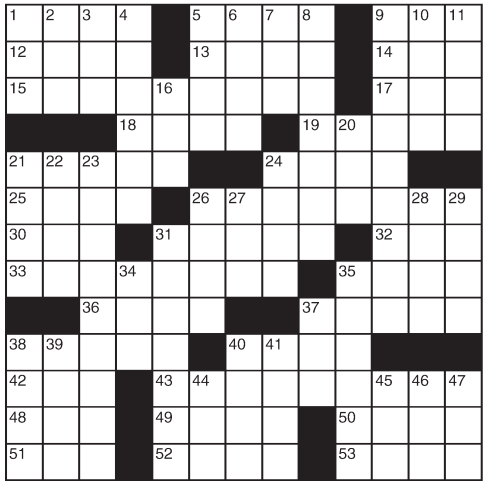
Take Five



1 Office part-timer
5 Bedouin
9 Sheep's call
12 Operatic solo
13 Pop
14 "Well, — be!"
15 Overpublicizes
17 Prune
18 Tested the polygraph
19 Department store stats
21 Libreville's country
24 Easter flower
25 Addict
26 Goalpost part
30 Have a bug
31 Jack
32 Mentalist Geller
33 Wild ducks
35 Tend texts
36 Tug
37 Punch-bowl accessory
38 Rise
40 Parapher-nalia
42 Common Mkt.
43 India's movie industry
48 Cheerleader's cry
49 War god
50 Busy with and enjoying
51 Milwaukee product
52 Kelly or Hack-man
53 Obtains

DOWN

1 Bill
2 Historic time
3 Wire measure
4 Wan quality
5 Arthur of tennis
6 Crucifix
7 Big bother
8 String musician
9 Melville hero
10 Lotion additive
11 Swiss range
16 Yang counterpart
20 Capp and Capone
21 Trans-Pacific stopping point
22 Largest of the seven
23 Complain
24 Privation
26 Bottle stopper
27 Disencumber
28 Seed coat
29 Ceremony
31 Purse
34 PC linkup system
35 Nocturnal insect
37 Minstrel's song
38 Antitoxins
39 Blue shade
40 Secluded valley
41 Otherwise
44 Raw rock
45 Indivisible
46 Mel of baseball lore
47 Two, in Tijuana

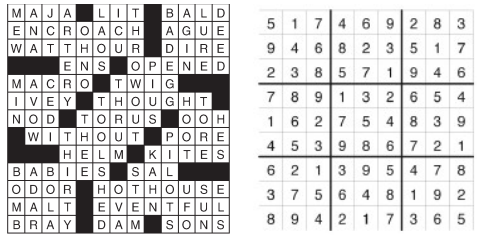
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2	5						7	4
			9		2			
9		3				8		2
		8	1		9	4		
	6						3	
		9	6		5	2		
1		5				3		7
			4		7			
8	9						4	6

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	1	7	4	6	9	2	8	3
9	4	6	8	2	3	5	1	7
2	3	8	5	7	1	9	4	6
7	8	9	1	3	2	6	5	4
1	6	2	7	5	4	8	3	9
4	5	3	9	8	6	7	2	1
6	2	1	3	9	5	4	7	8
3	7	5	6	4	8	1	9	2
8	9	4	2	1	7	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Rice-stuffed Cornish Hens

INGREDIENTS:

5 1/2 cups (1,375 ml) water, divided
2 tsp (10 ml) chicken bouillon
1 1/2 tsp (12 ml) salt
3/4 cup (175 ml) wild rice
1 1/2 cups (375 ml) long grain rice
1 lb (500 g) pork sausage
1 1/2 cups (375 ml) chopped celery
3/4 cup (175 ml) chopped onion
6 Cornish hens
1 jar apricot preserves

METHOD:

1. Boil 5 cups (1.25 l) water, bouillon and salt. Add wild rice; cover and simmer 20 minutes. Add long grain rice; cover and simmer 25-30 minutes longer or until water is absorbed.
2. In large skillet, cook sausage, celery and onion over medium heat until meat is no longer pink; drain. Stir in rice mixture. Spoon 3/4 cup (175 ml) stuffing into each hen.
3. Place remaining stuffing in greased 2-L baking dish; cover and set aside. Place hens on rack in shallow baking pan; tie drumsticks together. Bake, uncovered, at 350°F (180°C) 40 minutes.
4. In small pot, boil preserves and remaining water. Pour over hens. Bake 25-35 minutes longer, basting occasionally.
5. Place baking dish of stuffing in oven for last 35-40 minutes of hens' baking time.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will be forced to admit today, if only to yourself, that an ambition you have cherished for many a year will never be realized.

TAURUS ♉
APRIL 21-MAY 21
Something that has been developing slowly but surely for many months is about to pay off and the rewards are likely to be substantial.

GEMINI ♊
MAY 22-JUNE 21
Some people learn from their mistakes, others repeat them again and again. If you are one of the former then what happens next won't hurt you.

CANCER ♋
JUNE 22-JULY 22
The next 24 hours are going to be of huge importance to you. No matter how bad certain issues may get you must not throw in the towel.

LEO ♌
JULY 23-AUG 23
You rather enjoy getting rid of things that are outdated, but not everything that is old is useless and you would do well to remember that fact today.

VIRGO ♍
AUG 24-SEPT 22
Certain things cannot be done because you don't have the resources to pursue them effectively.

LIBRA ♎
SEPT 23-OCT 23
Don't over-dramatize situations that are difficult enough already. With Saturn transiting your sign you must strive to keep things simple.

SCORPIO ♏
OCT 24-NOV 22
For some strange reason you seem to believe that your ideas are second rate, but if anything they are sharper and better than ever.

SAGITTARIUS ♐
NOV 23-DEC 21
Your chances of getting ahead on your own will be limited over the next 24 hours, and you must choose between lowering your sights and teaming up.

CAPRICORN ♑
DEC 22-JAN 20
There is an aura of invincibility around you and even people in positions of power will sense you are on unbeatable form and resist the temptation to interfere.

AQUARIUS ♒
JAN 21-FEB 18
You can sense that something is about to go out of your life but because you don't know what it is you fear the worst. There's no need. It's very much for the best.

PISCES ♓
FEB 19-MARCH 20
If you feel yourself sinking into a negative mood today just take a look around you and see how fortunate you are compared to most other people.

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